

You are NOT alone.....

Many men and women suffer the after effects of abortion, which may include:

- Bouts of crying
- Eating disorders
- Depression
- Guilt
- Intense grief/sadness
- Anger/rage
- Emotional numbness
- Lowered self-esteem
- Drug and alcohol abuse
- Flashbacks/nightmares
- Suicidal urges
- Fear of Pregnancy/pregnant women
- Anxiety/panic attacks
- Repeat abortions/crisis pregnancies
- Difficulty w/relationships
- Inability to forgive self or others
- Fear of punishment from God

If you or someone you know is hurting from an abortion experience, please call our toll free national hotline today:

877-HOPE-4-ME
(877-467-3463)

or

call Project Rachel locally at
989-797-6652

"Therefore I will allure her; I will lead her into the desert and speak tenderly to her heart.. There I will give her back her vineyards and transform her valley of troubles into a door of hope."

-Hosea 2:16-17

Partially funded by
Christ's Mission Appeal

Healing the wounds of abortion



Project Rachel **&** **Rachel's Vineyard** **Retreats**

Post Abortive Ministry
989-797-6652



Comments from participants

Rachel's Vineyard Retreats are a beautiful opportunity for any person who has struggled with the emotional or spiritual pain of abortion. The weekend is a very specific process designed to help you experience the mercy and compassion of God. It is also an opportunity to surface and release repressed feelings of anger, shame, guilt and grief.

Retreats are held throughout the year in many states. The retreats and registration are strictly private! All inquiries will be answered confidentially.

The retreat is designed for women and men. It is respectful and honors the grief and trauma of post-abortion. It is never confrontational.

For more information please call the number below or visit our website at **www.rachelsvineyard.org**

Rachel's Vineyard Post-Abortive Healing and Reconciliation

Diocese of Saginaw
989-797-6652

projectrachel@dioceseofsaginaw.org

"I experienced a great inner healing as a result of attending the post-abortive retreat. I highly recommend this retreat to anyone who has felt the void and shame of the abortion experience. It is a wonderful way to forgive yourself, find the unconditional love of Christ, and grieve the loss of your child."

"I was terrified to take that first step forward and participate in *Rachel's Vineyard*. It seemed safer to remain hiding in the darkness, keeping the pain locked up deep inside rather than risk exposing my shame to another soul. Now I am grateful to have experienced God's healing and forgiveness with other women in an atmosphere of complete acceptance and trust. *Rachel's Vineyard* has been a blessing to me..."

"Before this retreat, I was spiritually dead. I was empty inside. I felt separated from the Church and from God. After this retreat, I now feel love and happy to be alive. I feel the love of God inside me."

"For 18 years I have been haunted with heavy guilt that no one could take away, tormented by thoughts of what my child would have been like. Through participating in *Rachel's Vineyard*, I was finally able to forgive myself. I know that God has given me a peaceful mind, cleansed my heart, and has washed away my guilt."

Rachel's Vineyard Retreat Registration Form

Name _____

Address _____

City _____

ZIP _____

Phone _____

Email _____

The cost is \$150.00 per person or \$225.00 per couple, which includes lodging, meals, and materials.

**No one will be turned away
because they can't afford to pay.
Financial assistance is available.**

Call for dates and times of upcoming support opportunities and retreats.

I have enclosed a check:

- Full fee (\$150.00)
- \$35.00 non-refundable deposit
- Partial fee with request for financial assistance

Make check payable to:

Diocese of Saginaw

Mail check and registration to:

Diocese of Saginaw
Lori Becker
5800 Weiss St.
Saginaw, MI 48603-2762